

EASY | RECIPE

Easy Lentil Dip with Garden Vegetables

Ingredients:

1 cup dried **red lentils**, sorted and rinsed
1 clove **garlic**
6 **sun-dried tomatoes**, rehydrated
1 tbsp sodium-reduced **tamari** or **soy sauce**
1 tsp **ground cumin**
2 tbsp fresh **lemon juice**
Salt to taste

Method:

Combine lentils with garlic and two cups of water in a medium pot. **Bring** to a boil, then simmer 15-20 minutes until lentils turn to a porridge-like consistency. **Cool** slightly. **Place** lentils with all remaining ingredients in a food processor or a blender. **Blend** until smooth. **Allow** to cool. **Serve** with fresh vegetables such as carrots, cucumber, sweet peppers and celery.



Makes 4 servings. Per serving:

128 calories | 10g protein | 1g total fat | 0g saturated fat | 1g mono fat |
0g poly fat | 23g carbohydrate | 3g sugar | 8g fiber | 208mg sodium